13 Year Old Chef Visits Zoo School

By Megan Beitzel

Remmi Smith, 13, took a trip to the North Carolina Zoological Park on Friday October 25, 2013. She spent time at the zoo school creating two dishes for the students, which included, Winter Salad and \_\_\_\_\_\_\_\_\_. Her main goal was to demonstrate fast, easy dishes to the students as an alternative to unhealthy food, which is “very convenient to Americans to have access to when they are hungry”, stated Smith.

Smith is an eighth grader from Oklahoma, and attends a private school there. However, she spends a lot of her time traveling to parts of the United States to share her dreams. She is a student ambassador who is a part of “No Kid Hungry” and has been established has a Health Based Culinary Artist. Smith’s main idea is to help with the child obesity epidemic and with childhood hunger.

At a young age she knew she wanted to be a chef. “I spent most of my time in the kitchen watching my mom cook, so she decided to put me to work. By the time I was seven I was able to cook for myself.” She spent the next few years of her life creating several dishes and different types of food. “At one point my brother said we should create a cooking show”, said Smith. Soon after that they created a web show, and then a local TV station found her and broadcasted her a few times a week. Eventually a national TV station found her and they created “Cook Time with Remmi”.

Remmi Smith has been selected as a Rock Star Learner by Apple and has also developed her own healthy salad dressing that is sold in Wholes Food stores across the country. Smith also has also written her own cook book called “Global Cookbook for Kids”, where she has taken several countries from the world and put not only recipes from each, but also fun facts and brain teasers for each country.

“Although it can be tough at times, it’s fun to get to experience different parts of the country and see how different they are from Oklahoma” stated Smith. “I’m just enjoying what opportunities I’m given right now, not really worrying about the future.”